

Full of Beans Hot Dish

Makes 8 servings



INGREDIENTS

- 2 cups great northern beans, cooked
- 1 pound ground beef
- 1 large onion, chopped
- ¼ cup brown sugar (or regular sugar)
- ½ cup ketchup
- 2 tablespoons vinegar
- ½ teaspoon black pepper
- 2 cups kidney beans, cooked, or 1 can (about 15 ounces) of kidney beans
- 1 can (about 15 ounces) vegetarian beans

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a large skillet, thoroughly cook ground beef and onion until browned. Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
3. Drain off and throw away any fat from the skillet.
4. Add brown sugar, ketchup, vinegar, pepper, and beans and mix well.
5. Place in casserole dish.
6. Bake in oven for 1 hour.

Nutrition Facts: Calories 300, Total Fat 7g, Cholesterol 50mg, Sodium 400mg, Total Carbohydrates 43g, Dietary Fiber 9g, Total Sugars 16g, Protein 25g, Vitamin A 10 RAE, Calcium 87mg, Iron 4mg,

Source: United States Department of Agriculture, Household USDA Fact Sheet, Beans, Great Northern, Dry, March 2014, Code: 100380



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